



**GOOD BLADDER HABITS CAN HELP IMPROVE BLADDER CONTROL**

You need good bladder habits for a healthy life.

Poor bladder habits can lead to poor bladder control, and even wetting yourself. Here are some easy steps that everyone can take to keep a healthy bladder.

**HINTS TO KEEP YOUR BLADDER HEALTHY**

**Step 1 – Use good toilet habits**

- It is normal to go to the toilet 4 to 8 times a day and no more than twice a night.
- Don't get into the habit of going to the toilet "just in case." Try to go to the toilet only when your bladder is full and you need to go. (Going to the toilet before you go to bed is fine).
- Take your time so that your bladder can empty. If you rush, and do not empty your bladder fully, over time, you could get a bladder infection.
- Women should sit to go to the toilet. Do not hover over the toilet seat.

**Step 2 – Keep good bowel habits**

- Eat lots of fruits and vegetables and stay active to keep your bowels regular.
- Do not strain when using your bowels as this can weaken your pelvic floor muscles (the muscles that help your bladder and bowel control).

**Step 3 – Drink plenty of water**

- Drink 1.5 - 2 litres of fluid each day unless your doctor says this is not okay.
- Cut down on how much caffeine and alcohol you drink. These may upset your bladder. Do not drink too much coffee, tea or cola. Instant coffee has less caffeine than brewed coffee. Tea has less caffeine than coffee.

**ဆံဉ်အလုလ်လ်ာအဂ္ဂတဖ်ဗတနအကသုဂီဆံဉ်အါထီဉ်အင်္ဂါလီ.**

နကလိဉ်အိဉ်ဒီးဆံဉ်အလုလ်လ်ာအဂ္ဂတဖ်ဗတနအိဉ်မူဆုဉ်ချ့ အင်္ဂါလီ.

ဆံဉ်အလုအိဉ်ဒီးလုလ်လ်ာအဂ္ဂတဖ်ဗဒးကထီဉ်တဂီဆံဉ်တဂီကီ တခါဒီးနကဆံဉ်အါဘဉ်နသးဒုဉ်နသ့ဝဲလီ. ဖဲအံဉ်ကျဲအညီအိဉ်တနီလုပု ကိးဂဖဲဒီးအင်္ဂါဒ်သိးကအိဉ်ဒီးဆံဉ်အလုပုဒီးဆုဉ်ချ့ အင်္ဂါလီ.

**ကျဲဟ့ဉ်ကျဲတဖ်လုအကသုအိဉ်ဒီးဆံဉ်အလုဆုဉ်ချ့ အင်္ဂါ**

**ပတီၤ 1. ထီဉ်တဂီဟးလီၤလုအိဉ်ဒီးလုလ်လ်ာအဂ္ဂတဖ်**

- နမ့ၢ်ထီဉ်တဂီဟးလီၤဖဲန့ၢ်နကတီၢ်တဂ့ၤဂဲၤဂီၤလုလံၤအတီၢ်ပူၤဒီးလုတနု အတီၢ်ပူၤသုတအါန့ၢ်ဒီးခံၤဂီၢ်န့ၢ်မ့ၢ်တဂီၢ်မုၢ်တဂီၢ်အသးလီ.
- တဘဉ်ထီဉ်တဂီဟးလီၤဖဲနဆိမိဉ် လုအမ့ၢ်အိဉ်ဒီးထီဉ်ဘဉ်ဖုးဒ်န့ၢ်တဂ့ၤ ကျဲးစးထီဉ်တဂီဟးလီၤဖဲနဆံဉ်အပဲၤအခါဒီးနလီဉ်လဲၤအခါစိးတက့ၢ်. (ထီဉ်တဂီဟးလီၤတချုးနမံဒီးအခါန့ၢ်မ့ၢ်တဂီၢ်လီ.)
- ဟံးန့ၢ်တဂီၢ်အကတီၢ်ဒ်သိးနဆံဉ်အကလီၤကအိအင်္ဂါတက့ၢ်. နမ့ၢ်ကရီတဂီၢ် ဒီးနမ့ၢ်တမလီၤကအိဆံဉ်အဖဲလံာဘဉ်န့ၢ်နဒီးန့ၢ်ဆံဉ်ယၢ်လုဆံဉ် အာပုသ့ဝဲလီ.
- ဝိဉ်မ့ၢ်တဖ်ကဘဉ်ဆုဉ်နီလုတဂီဟးလီၤအပုလုလုထီဉ်တဂီဟးလီၤအင်္ဂါ လီၤတဘဉ်ဆုဉ်နီလုတဂီဟးလီၤဆုဉ်နီအလီလုကလံာအကတီၢ် အင်္ဂါတဂ့ၤ.

**ပတီၤ 2. အိဉ်ဒီးတဂီထီဉ်တဂီဟးလီၤလုလ်လ်ာအဂ္ဂ**

- အိဉ်တလုတလုသဉ်အါအါဒီးတဂီလံာတဖ်ဒီးအိဉ်ဒီးနီဉ်ခိတဂီဟူး တဂီဂဲၤဒ်သိးနဟုးထီဉ်ကဘဉ်လီၤမိးမဲဝဲအင်္ဂါ
- တဘဉ်ဆုအုဉ်ဖဲနဟုးလဲၤအခါတဂ့ၤခိဖျိတဂီအံဉ်ကမၤစၢ်လီၤနဆံဉ်အယံ တက့ၢ်ထုဉ်ပျၢ်တဖ်(ထုဉ်ပျၢ်လုမၤစၢ်ဒ်သိးနကီၤအုဉ်ကီဆံဉ်ကန့ၢ် အင်္ဂါတဖ်).

**ပတီၤ 3. အိထံအါအါတက့ၢ်**

- အိထံအါထံသိး 1.5 - 2 လံထာဉ်လုတနုအတီၢ်ပူၤမုတမ့ၢ်လုအကသံဉ် သရဉ်ဝဲနလုအကဘဉ်အိတဂ့ၤအယံတက့ၢ်.
- မၤစုလီၤဖဲဖုန့ၢ်ဒီးသံးလုအိအိတဖ်တက့ၢ်. တဂီအံဉ်ကမၤဘဉ်ဒ်နဆံဉ်အ သုဉ်သ့ၢ်လီၤ. တဘဉ်အိကဖံးလးဖးမုတမ့ၢ်ခိလုအါထလုတဂ့ၤ. ကဖံးလုကီၤကျဲဉ်ကျဲဉ်ဟံးအကမူဉ်တဖ်ပုဉ်ယုဉ်ဖဲဖုန့ၢ်ဒီးလုတဂီ ချီအိတဖ်ဒီးလီၤလးဖးတခိဖဲဖုန့ၢ်ပုဉ်စုန့ၢ်ဒီးကဖံးဒ်





**Step 4 – Look after your pelvic floor muscles**

- Keep your pelvic floor muscles strong with pelvic floor muscle training.
- You can get a Pelvic Floor Muscle Training leaflet for Men, or for Women.
- See your doctor, physiotherapist or continence nurse to check that you are training your muscles the right way.

**Step 5 – Seek help from your doctor, physiotherapist or continence nurse if you:**

- wet yourself, even a few drops, when you cough, sneeze, laugh, stand, lift or do sports or other activity;
- have an urgent need to pass urine, have a strong feeling of not being able to hold on, or often don't get to the toilet in time;
- pass small amounts of urine, often and regularly. That is more than 8 times per day in small amounts (less than about what a tea cup holds);
- have to get up more than twice in the night to pass urine;
- wet the bed over the age of five years;
- have trouble starting your stream of urine, or have a stream that stops and starts instead of a smooth flow;
- strain to pass urine;
- feel that your bladder is not empty when you have passed urine;
- have burning or pain while passing urine;
- have to give up things you enjoy like walking, aerobics or dancing because of poor bladder or bowel control; or
- have any change in your regular bladder habits that you are worried about.

**ပတီ 4. ကွဲကတီနခံတကီၣ်အယံထုၣ်ပျံၣ်တဖၣ်တက့ၢ်.**

- နခံတကီၣ်အယံထုၣ်ပျံၣ်တဖၣ်နကဘၣ်ကွဲကတီအိၣ်တၢ်ဟ့ၣ်တၢ်သိၣ်လိအသိးဒ်သိးကပုၣ်ဒီးဂံၢ်ဘါဆုၣ်ဝဲအဂီ.
- နယုထံၣ်န့ၢ်တၢ်ဟ့ၣ်တၢ်သိၣ်လိဘၣ်ယးဒီးတၢ်ကွဲကတီခံတကီၣ်ပံထုၣ်ပျံၣ်လၢပိၣ်ခါ, မ့တမ့ၣ်ပိၣ်မုၣ်တဖၣ်အဂီလီ.
- ထံၣ်လိၣ်နကသံၣ်သရၣ်, ပုၣ်စံၢ်ဘံးတၢ်ဖိတဖၣ်မ့တမ့ၢ်နးစံမုၣ်လၢကွဲကတီအ့ၣ်ကီဆံၣ်တဖၣ်လၢကမၢကွဲနလၢနမၢထွဲတၢ်သိၣ်လိအံၤဘၣ်ဘျိးဘၣ်ဒါအဂီတက့ၢ်.

**ပတီ 5. ယုထံၣ်န့ၢ်တၢ်မၤစၢလၢ နကသံၣ်သရၣ်, ပုၣ်စံၢ်ဘံးတၢ်ဖိတဖၣ်မ့တမ့ၢ်နးစံမုၣ်လၢကွဲကတီအ့ၣ်ကီဆံၣ်တဖၣ်အအိၣ်ဖဲဆကတီၢ်**

- နဆံၣ်ဆါဘၣ်နသးအခါ, မ့တမ့ၢ်ထဲစ့လီၤစိဖိဘၣ်ဆၣ်, ဝဲနကူး, ကဆဲ, နံၤ, ဆၢထၢၣ်, စိၣ်ထီၣ်တၢ်ယၢ, မ့တမ့ၢ်လိၣ်ကွဲမ့တမ့ၢ်မၤတၢ်ဟူးတၢ်ဂၤအဂၤတမံၤလၢလ်အခါ.
- နကလိၣ်လဲၤဆံၣ်ဆါသပျံၣ်ကတၢ်, နအဲၣ်ဒီးဆံၣ်ဆါနးတချူးလၢနကီၤအိၣ်တန့ၢ်လၢ, မ့တမ့ၢ်တဘျီတခိၣ်နလဲၤဆူတၢ်ဟးလီၤတတုၤလၢဒၣ်လဲၣ်အခါ.
- ဆံၣ်ဆါပြိးဘၣ်နသး, တလီၤလီၤဒီးတဘိယုၢ်ယိ. တၢ်အံၤနကဆံၣ်ဆါတဘျီတဖဲဖိကအါန့ၢ်ဒီး 8 ဘျီလၢတန့ၢ်အတီၢ်ပု (ကစ့ၤန့ၢ်ဒီးလးဖးထံၣ်ခူးတခူးဖိဒီး).
- နကဂဲထၢၣ်ဆံၣ်ဆါအါန့ၢ်ဒီးခံဘျီလၢတန့ၢ်မုၢ်အတီၢ်ပုဒီး.
- ဆံၣ်ဆါဘၣ်စိၣ်လီၤမံၣ်ဒီးအဖဲအသးပုၤထီၣ်ယဲၢ်နံၣ်ဝံၤအလီၢ်ခံ.
- အိၣ်ဒီးတၢ်ဂီၤကီလၢဆံၣ်ဆါကထူးထီၣ်အဂီ, မ့တမ့ၢ်ဖဲဆံၣ်ဆါအဖဲမုၢ်ဆံၣ်ထံပတုၣ်ဝဲလၢတၢ်ဘၣ်စၢလၢကဘျီ ကဆိၣ်အလီၢ်.
- ဘၣ်ဆုအိၣ်နးတချူးဒ်သိးဆံၣ်ဆါကထူးထီၣ်အဂီ.
- နတူၢ်ဘၣ်ဒ်သိးနဆံၣ်အတလီၤကအိၣ်ဒီးဘၣ်ဖဲနဆံၣ်ဆါဝံၤအလီၢ်ခံဒၣ်လဲၣ်.
- ဝဲနဆံၣ်ဆါအကတီၢ်နတူၢ်ဘၣ်ဒ်သိးကီၢ်အူဒီးဆါဝဲ.
- နကဘၣ်ပတုၣ်တၢ်လၢနအဲၣ်ဒီးမၤညီန့ၢ်တဖၣ်ဒ်သိးနကဟးအဂီ, လဲၤလၢတၢ်မၤနီၢ်ခိကွဲဂီၤတၢ်ဟူးတၢ်ဂၤအလီၢ်မ့တမ့ၢ်တၢ်ဂၤကလံၣ်ခိဖျိနဆံၣ်အတဂုၤဝဲဒီးနကီၤအ့ၣ်တန့ၢ်ဝဲအယံ, မ့တမ့ၢ်.
- နကီၢ်သ့ၣ်ဂီၤသးခိဖျိနဆံၣ်အလုလ်ဆိတလဲကွဲၣ်အသးတဒ်သိးလၢဒ်ညီန့ၢ်မၤသးအသိးတဖၣ်.





### SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66\* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
- Advice; and
- Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit [bladderbowel.gov.au](http://bladderbowel.gov.au) or [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Calls from mobile telephones are charged at applicable rates.

### ယုထံၣ်န့ၣ်တၢ်မၤစၢ

နးစံလၢဖျိတၢ်ပတီၢ်တဖၣ်အိၣ်ဝဲန့ၣ်န့ၣ်ဆဲးကျိး **National Continence Helpline** ဝဲ **1800 33 00 66** (မုၢ်ဆၣ်တုၤမုၢ်ဖိဖးစးထီၣ်ဂီၤ 8.00တုၤ 8.00န့ၣ်ရံၢ်ဟါအိးစၢထွၢ်ယုၣ် မုၢ်ထီၣ်တၢ်ဆၢကတီၢ်အသး)

လၢတလၢၣ်စ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရုလီၤကဘျံးတဖၣ်.

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီၤလၢနကတီၢ်မ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခါန့ၣ်န့ၣ်တၢ်မၤစၢအကျိၤအကျိၤဖျိကျိၤထံလိတဲစိအကျိၤလၢတလၢၣ်စ့ဘၣ်သ့ဝဲ **13 14 50**န့ၣ်လီၤ.ပုၤဖိၣ်လိတဲစိတဖၣ်ကကတီၢ်တၢ်ဒီးန့ၣ်လၢအဲကလံးကျိၣ်, အယံကတီၢ်ဖျါထီၣ်ကျိၣ်လၢနကတီၢ်အိၣ်ခိးအိၣ်တက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်န့ၢ်ဆူပုၤကျိးထံတၢ်ဖိလၢကတီၢ်န့ၣ်ကျိၣ်တဂၤအအိၣ်န့ၣ်လီၤ. တဲဘၣ်ပုၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်.အိၣ်ခိးကန့ၣ်လိတဲစိတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်တဖၣ်ဒီးပုၤကျိးထံတၢ်ဖိကမၤစၢန့ၣ်လၢနကတီၢ်ဘၣ်တၢ်ဒီးန့ၢ်စံမုၢ်လၢကဟ့ၣ်ကူၣ်န့ၣ်ဘၣ်ယးတၢ်ကီၤဆံၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတဂၤန့ၣ်လီၤ. လိတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ပာ်အိၣ်လၢတၢ်ပာ်ခူသ့ၣ်န့ၣ်လီၤ.

ကွၢ်ဘၣ်ဝဲ [bladderbowel.gov.au](http://bladderbowel.gov.au) မ့တမ့ၢ် [continence.org.au/other-languages](http://continence.org.au/other-languages) တက့ၢ်.

\* တၢ်ဆဲးကျိးဒိဖျိလိတဲစိစိတဖၣ်တၢ်ယုအပုၤဒ်တၢ်ပာ်ပနီၣ်ဆိအသးန့ၣ်လီၤ.

